

X-Training & Sculpt

			Dates	Stu-F/S
M / W	Boot Camp	11:00am	9/10-12/5	\$85/100
M / W	Tabata	5:10pm	9/10-12/5	\$85/100
T / TH	Total Body	12:10pm	9/11-12/6	\$85/100
Tuesday	Core N'More	5:10pm	9/11-12/4	\$60/75
Wednesday	*Awesome Abs	4:00pm	9/12-12/5	\$30/45
Wednesday	Turbo Kick®	5:10pm	9/12-12/5	\$60/75

***Awesome Abs is 25 minutes**

Mind / Body

		Time	Dates	Stu-F/S
M / W	*Vinyasa	12:05pm	9/10-12/5	\$85/100
Monday	Mat Pilates	6:10pm	9/10-12/3	\$60/75
T / TH	Yoga'lates	5:10pm	9/11-12/6	\$85/100
T / TH	*Yoga	4:05pm	9/11-12/6	\$85/100
T / TH	*Yoga	6:05pm	9/11-12/6	\$85/100
Friday	*Vinyasa	11:05am	9/7-12/7	\$60/75
Friday	*Barre Body	12:10pm	9/21-11/16	\$30/45
Sunday	*Vinyasa	3:00pm	9/9-12/9	\$60/75
Sunday	*Yoga Flow	5:30pm	9/9-12/9	\$60/75

***Barre Body is 6 weeks (specific dates)**

***Yoga classes are 55 minutes**

Aerobics

		Time	Dates	Stu-F/S
Sunday	Zumba	4:30pm	9/9-12/9	\$60/75
Tuesday	Zumba	5:10pm	9/11-12/4	\$60/75
Wednesday	Zumba	6:10pm	9/12-12/5	\$60/75
Thursday	Zumba	5:10pm	9/13-12/6	\$50/65
Friday	Zumba	1:10pm	9/12-12/7	\$60/75

Aqua Fitness

			Dates	Stu-F/S
M / W	Shallow	12:40pm	9/10-12/5	\$70/85
Tuesday	*Deep	12:05pm	10/23-12/4	\$30/45
Tuesday	*Aqua Cycle & Jumps	12:05pm	9/11-10/16	\$30/45

***Aqua Cycle, Aqua Cycle/Jumps & Deep are 6 weeks**

Adult Swim Lessons

			Dates	Stu-F/S
Thursday	Beginner (6wks)	11:00am	9/13-10/18	\$30/45
Friday	Beginner	9:10am	9/7-11/9	\$50/65
Friday	Beginner	5:10pm	9/7-11/9	\$50/65
Saturday	Beginner	12:10pm	9/8-11/10	\$50/65
Saturday	Intermediate	1:10pm	9/8-11/10	\$50/65

***All Swim Lessons are 10 weeks, except Thursday class**

Golf

			Dates	Stu-F/S
Wednesday	Beginner	TBD	TBD	\$60/75
Wednesday	Beginner	TBD	TBD	\$60/75

***Golf is a 6-week Class. Meet at the Drumlins Driving Range**

Fencing

			Dates	Stu-F/S
Wednesday	Fencing	1:00pm	9/12-12/5	\$50/65

FREE WEEK of FITNESS CLASSES

September 2 – September 7 (no classes Sept. 3).

Includes all classes listed with the exception of fencing, swim lessons, aqua fitness, barre body, golf & RAD, monday 5:15pm Cycle, .

Cycle

		Time	Dates	Stu-F/S
Sunday	Cycle 50	4:00pm	9/9-12/9	\$60/75
M / W	Cycle 50	8:30am	9/10-12/5	\$85/100
Monday*	Cycle 50	5:15pm	*10/22-12/3	\$30/45
M / W	Cycle 50	8:30pm	9/10-12/5	\$85/100
Tuesday	Cycle 50	6:10pm	9/11-12/4	\$60/75
Thursday	Cycle 50	5:30pm	9/13-12/6	\$60/75

***Monday cycle is 6 weeks**

RAD (Self Defense for Women)

FREE

TBD	4 week class	TBD	TBD	Free

*Contact Public Safety for more information: <http://publicsafety@syr.edu>

Move it Monday

FREE

Move it Monday is a part of the Healthy Campus Initiative. This is a program that focuses on participation in activities that promote the various components of wellness on campus at little or no cost to the user. Various fitness classes will be offered for **FREE** every Monday from 5:15pm-6:00pm in the Flanagan Exercise Room on a first-come, first-served basis. The maximum enrollment for each class will vary based on the activity. Please arrive early for each class.

You can find the listing of classes on the Recreation Services website, posted on flyers in Recreation facilities and on the Healthy Monday website.

Monday 5:15pm Free Classes (see flyer)

Free Move it Monday Classes will begin Monday, Sept 10

****ALL FITNESS CLASSES ARE 50-MINUTES, **
UNLESS OTHERWISE STATED**

Fitness Class Descriptions

Adult Swim Lessons:

- **Beginner:** participant has little or no swimming skills. American Red Cross (ARC) level 1-3.
- **Intermediate:** attended beginner class and can swim 25 yards with two strokes.

Aqua Cycle: Spin class done in the water. Provides less stress on your joints.

Aqua Fitness: A challenging water workout with little impact on the joints, using all major muscle groups to enhance total body fitness in the aquatic environment. Water shoes are required for shallow water. Flotation belts are provided for deep water.

Barre Body A dance-inspired fitness class that is set to a mix of upbeat music and uses props like the Barre, exercise bands and hand weights to promote the development of long, lean muscles.

Boot Camp: Jump up the intensity with strength, power, cardio and flexibility. This class mixes weights, cardio and more. From beginner to advanced, this class is for everyone!

Cycle 50: As close to outdoor cycle as it gets from the inside. Participants will burn calories and have fun with instructor-driven music and drills.

Golf: Meet at the Drumlins Driving Range

- **Beginner:** Little to no experience with golf.

Mat Pilates: Mat-based strength, flexibility, and total body conditioning. Works core stability and elongating the muscles.

Total Body: A great workout for all fitness levels! This class incorporates cardio, strength and stretching.

Turbo Kick®: The fat-blasting, ab-defining cardio workout allows you to burn up to 1,000 calories an hour. A mix of kickboxing, simple dance moves and HIIT blocks set to heart pounding music that will have you looking forward to your next workout.

Vinyasa: Flow style yoga class with special attention to proper alignment. This class will introduce concepts from ancient yoga philosophy (the Yoga Sutras)

Yoga: This class will include classical yoga postures, warm ups, breathing techniques, and relaxation methods.

Yogalates: Merges the ancient practice of Yoga from the east with the core stabilizing, posture enhancing dynamics of Pilates from the west. Will include exercises and poses (asana) to cultivate strength, stamina, stability and flexibility with particular attention paid to building tone in the deeper postural "core" muscles. These protect the spine against injury, support the internal organs and foster pelvic and spinal awareness to promote good posture.

Zumba: Dance fitness program. A total workout combining cardio, balance, flexibility and muscle conditioning.

Payment

Registration and credit card payments can be made online at:

<http://recreationservices.syr.edu> (register tab at the top)

The online registration will enable you to:

- › View a list of and descriptions of both open and closed fitness classes;
- › Enroll for a fitness class and securely pay with your credit card;
- › Receive an e-mail receipt to bring on the first day of class (no office visit required!).

If you are paying by CHECK, please contact Alena Anthony (alanthon@syr.edu). Do this ASAP as your spot is not guaranteed until payment is received.

We NO longer accept CASH.

There will be a \$20 charge on all returned checks.

Registration

Registration is ongoing throughout the semester. However, initial registration payment needs to be submitted by September 9. If you do not pay by the deadline, you will be dropped from the class. If you would like to register after September 9, you must go to the Recreation Services Office (Women's Building, RM003) to do so, as online registration will be closed.

There is a 12-person minimum on all classes; classes below the minimum will **NOT** be held.

Class price rates

Stu = Students

F/S = Faculty/Staff/Spouses/Alumni

Dropping a Class

The **LAST** day to drop a class will be

Friday, September 14, by 5pm.

Before this deadline, you will receive a full refund minus a \$5 surcharge. **AFTER** this deadline you will not receive a refund.

FALL 2018 Fitness Classes

Online Registration

Begins Tuesday, September 4 at 9:00 a.m.

<http://recreationservices.syr.edu>